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Weekly MEDICAL Bulletin

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GUY P. JONES
EDITOR

The Biggest Book In California.

The biggest book in California is kept by the California State Board of Health. It contains no fiction but it is nevertheless more replete with human interest than any other book within the state. It has to do with life. It is the key to hundreds of thousands of love stories, farces and tragedies. Some portion of this large book is of interest to every individual in the state. As a whole, it is of vital importance and its maintenance constitutes one of the most important duties of the California State Board of Health. This book contains the names of more than 5,000,000 persons and it is the index to all the birth, death and marriage certificates that have been filed in California since 1905, when the Vital Statistics Registration Law was enacted.

The law requires that a certificate shall be filed for every birth, death and marriage that occurs within the state. These certificates are filed with the local registrars who transmit them each month to the Bureau of Vital Statistics of the California State Board of Health at Sacramento. The vital statistics that are computed from the data in these birth, death and marriage certificates constitute the very foundation upon which most public health procedures are based. By means of the mortality statistics for such diseases as tuberculosis, pneumonia, diphtheria and other communicable and epidemic diseases, health officials are able to determine the trend of the warfare that is continually waged against these devastating diseases. The careful compilation of mortality statistics for the

general diseases, such as cancer, diseases of the circulatory and nervous systems, violence and other causes of death are of great importance in pointing out new fields of work for reducing the general death rate.

A certificate of death has a very important significance. Insurance companies demand a certified copy of a death certificate before honoring a life insurance claim. Such certified copies are demanded by the War Risk Insurance Bureau and the Federal Pension Department in settling government claims.

A birth certificate has an even greater importance than a death certificate. In modern life an individual who can not produce a copy of his birth certificate may be placed in almost as unfortunate a predicament as a man without a country. The registration of births is one of the most important procedures from a business, legal and humanitarian standpoint of any procedure that is required in our modern civilization.

A birth certificate may be necessary to establish age, prove citizenship in order to vote, as evidence of legal age to marry, to prove the age of heirs, to determine the validity of a contract entered into by an alleged minor, to prove the inheritance rights of widows and orphans, and to determine the liability of parents for the debts of a minor. A birth certificate may be necessary as proof of citizenship in order to obtain a passport, as evidence of age in order to secure exemption from military service or jury duty. It may be necessary in the enforcement of laws in school attendance and child labor. It may be indispensable in the administration of estates and the settlement of insurance and pensions. A birth certificate may be required to prove

the irresponsibility of children under legal age for crime and misdemeanor. These are but a few of the procedures in which the possession of a certified copy of a birth certificate may be of vital importance in the life of any individual.

Marriage certificates may also be necessary in many legal matters. All of the marriage certificates received by the California State Board of Health are indexed according to the names of the brides as well as according to the names of the grooms, and it is possible to secure certified copies of all marriage certificates that have been filed in California during the past eighteen years. Birth certificates, too, are indexed according to the name of the father and according to the name of the mother before her marriage.

Filing, indexing, copying and certifying birth, death and marriage certificates, as well as the compilation of statistical data gathered from the certificates, requires careful, conscientious work and great accuracy. The fee for a certified copy of any birth, death or marriage certificate is 50 cents. It is a significant fact that the Japanese in California, without fail, secure a certified copy of the original certificate of every birth that may occur among Japanese residents. This emphasizes the importance of birth registration to the Japanese. It should be of equal interest to native Californians, for it is doubtful if there is any public document of greater importance to any citizen than his own birth certificate.

Public Health Positions Open In California.

The following public health positions in California are reported to be vacant and applicants are sought. Salaries named are per month:

Experienced sanitary inspector for San Diego. Apply to Dr. A. M. Lessem, San Diego.	\$160-\$200
City or school nurse for Orange County. Apply Dr. W. Leland Mitchell, Santa Ana.	\$150
City nurse for Santa Ana. Apply to Dr. W. Leland Mitchell. Automobile and	\$150
City nurse for Coronado. Apply to Dr. R. Lorini, City Health Officer.	\$150
School nurse for La Mesa Union High School.	\$150 plus

Large Numbers Vaccinated in San Luis Obispo.

The free vaccination clinic maintained by the San Luis Obispo health department has provided almost 300 persons with sure protection against smallpox. During the last day that the clinic was in operation 53 individuals were vaccinated.

Find Telephones to be Free From Germs.

Do public telephones sometimes make you shudder and think of germs?

Well, they need not, if one places faith in the results of a recent investigation in London, told of in the April issue of the popular health journal, *Hygeia*.

To learn if public telephones are carriers of disease, says the health magazine, the British postmaster-general recently had a series of tests made with telephone mouthpieces at busy call offices. No tuberculosis germs were found.

Not satisfied with the tests made at the public pay stations, the postmaster-general had telephones fitted in the wards of a sanatorium to be used only by patients in different stages of tuberculosis.

These instruments were in use for varying periods and were not cleaned or disinfected during the time of the experiment. Bacteriologists then inspected them and found no evidence of bacilli. The conclusion was that the transmission of tuberculosis through the telephone mouthpiece was so unlikely as to be almost impossible.

However, in London a staff of cleaners is employed permanently whose duty it is to disinfect telephone transmitters and receivers in all the public call stations regularly every three days.

A Definition of Good Posture.

Good posture is that posture of the body which best helps man to do his work day in and day out with no useless expenditure of energy, but with the best advantage to the action of the heart and lungs and all the rest of the organs of the body. Good posture is for a lifetime. Life is a test of endurance. Its length depends upon the ability of the internal organs to keep on working and to keep on working together.

Good posture must first favor the good working of the bodily organs, and it must do this at the least expense in effort, which, it must be remembered, costs a certain amount of organic labor to maintain.

Good posture shows vitality, just as good posture helps vitality. We know it when we see it, because we feel the power and strength that is behind it. The essentials of good posture are four—the high head, the high chest, the straight back and the flat abdo-

men. This is an attitude of power and confidence, an evidence of lithe repose. The arms are neutral and hang naturally at the side without strain.—*Health Builder.*



Many Children to be Made Physically Fit.

Contra Costa, Madera, Riverside, San Luis Obispo and Shasta counties have about perfected plans for the physical examination of children who are to enter school next fall. Several other counties are making preliminary plans for similar work.

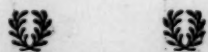
In Contra Costa County examinations will be made in the towns of Avon, Bay Point, Crockett, Giant, Sobrante, Martinez, Pinole, Hercules, Port Costa, Rodeo, Stege, El Cerrito, San Pablo, Tormey and Selby.

In San Luis Obispo County examinations of children will be conducted in Paso Robles, San Miguel, Shandon, Templeton, Union, Atascadero, Cambria, Morro, San Luis Obispo, Arroyo Grande, Nipomo and Santa Margarita. It is expected that nearly one thousand children will be examined in San Luis Obispo County.

In Madera County all examinations will be made in the city of Madera.

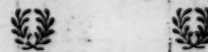
In Riverside County it is expected that examinations will be conducted in Riverside, Beaumont, Banning, Elsinore, Perris, and many other communities.

In Shasta County local physicians and nurses are actively engaged in plans for making examinations in Redding, Kennett, Anderson, MacArthur and Hat Creek.

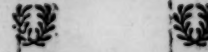


Many Modesto Children Immunized Against Diphtheria.

Dr. J. W. Morgan, city health officer, Modesto, has announced that one thousand immunizations against diphtheria have been administered in Modesto. The toxin antitoxin was furnished by the city. This work will have a far reaching effect in reducing the morbidity and mortality from diphtheria next year.



"Gold that buys health can never be ill spent."—*John Webster.*



"The most sacred thing in the commonwealth and to the commonwealth is the child, whether it be your child or the child of the dull-faced mother of the hovel. The child of the dull-faced mother may, as you know, be the most capable child in the state."

—*William Henry Page.*

Lodi is Proud of City's Health Record.

The city of Lodi takes just pride in its freedom from diphtheria. A child who recently came to Lodi from a middle-west state, developed the disease directly after arrival and died March 16th. This is the first death from this cause in the Lodi community since December, 1922.

In commenting upon this unfortunate occurrence, the *Lodi Sentinel* says: "Without doubt the family was unaware of the excellent service maintained by the San Joaquin Local Health District. It is possible that an illness contracted in North Dakota or enroute to this city may have resulted in the fatal attack of diphtheria. At any rate, this death should not be chargeable to the Lodi district, nor should it be classified as having broken Lodi's splendid health record."



MORBIDITY.*

Diphtheria.

207 cases of diphtheria have been reported, as follows: Los Angeles 65, San Francisco 39, Los Angeles County 16, Oakland 15, Sacramento 6, Berkeley 5, San Mateo County 1, Fillmore 2, Long Beach 4, Lassen County 1, Daly City 1, Santa Clara County 1, Santa Paula 1, San Bernardino County 1, Vallejo 3, Monterey County 1, Palo Alto 1, Rialto 4, Sutter Creek 2, Fresno County 3, Redondo Beach 2, Alameda 3, Santa Barbara 1, Tulare County 1, Hanford 1, San Luis Obispo 1, Hermosa Beach 2, Santa Ana 1, Walnut Creek 1, San Mateo 3, San Luis Obispo County 1, Corona 1, Merced County 1, Lodi 2, Stockton 4, Redwood City 1, Pasadena 2, Orange County 1, National City 1, Hawthorne 1, Petaluma 1, Kern County 3.

Scarlet Fever.

252 cases of scarlet fever have been reported, as follows: Los Angeles 71, San Francisco 42, Los Angeles County 23, Fresno County 9, Huntington Park 7, Oakland 9, San Joaquin County 6, Berkeley 5, Pomona 8, Napa 5, Pasadena 2, Sacramento 2, San Jose 3, La Verne 1, Compton 1, Whittier 4, Long Beach 2, Taft 3, Manhattan Beach 1, El Dorado County 1, Riverside 1, Fullerton 1, Oakdale 1, Livermore 2, Santa Ana 1, Colton 1, Stockton 2, Orange County 4, El Segundo 2, San Mateo 1, Hermosa Beach 1, Alhambra 1, Chico 2, Daly City 1, Santa Clara County 2, Santa Paula 1, San Bernardino County 1, Stanislaus County 1, Alameda 2, Redlands 2, Vallejo 3, Santa Cruz 1, Inyo County 1, Santa Barbara 1, Burlingame 1, Madera 2, Fowler 1, Holtville 2, Santa Monica 1, Amador County 2, Venice 1, Orange 1.

Measles.

1167 cases of measles have been reported, as follows: Los Angeles 303, San Francisco 101, Pasadena 126, Los Angeles County 75, Berkeley 51, Riverside 102, Oakland 48, Livermore

*From reports received on March 24th and 25th for the week ending March 22d.

14, San Mateo 35, San Jose 27, Long Beach 17, Fresno County 5, Taft 12, Visalia 5, Kern County 5, Sacramento 9, San Joaquin County 14, Orange County 17, Alhambra 7, Pomona 16, Santa Clara County 7, Lemoore 9, San Bernardino County 7, Napa 13, Colusa 11, Chico 6, San Rafael 7, Piedmont 6, Alameda County 3, Imperial 1, Colton 2, Blythe 1, Santa Monica 4, Stockton 1, Lodi 1, Livingston 5, Orange 1, Monterey County 3, Sutter County 2, Eureka 1, Mill Valley 1, Madera 4, Madera County 1, Corcoran 1, Needles 3, Lassen County 1, Lompoc 1, Calxico 2, Stanislaus County 2, Solano County 1, Redlands 1, Healdsburg 1, Whittier 1, Glendora 3, San Gabriel 1, Compton 1, Huntington Park 1, Hawthorne 1, Hermosa Beach 1, El Monte 3, Plumas County 1, Napa County 1, Watsonville 2, Burbank 1, Bakersfield 1, Dinuba 2, San Luis Obispo 1, Imperial County 2, Alameda 3, Merced County 4, Morgan Hill 2, Pacific Grove 2, Santa Ana 2, Fresno 1, National City 3, Benecia 1, Walnut Creek 4, Sunnyvale 2, Oakdale 4, Fullerton 1, Tulare County 3, San Luis Obispo County 1, Corona 1, Anaheim 4, Modesto 1, Venice 3, Kern County 3.

Smallpox.

277 cases of smallpox have been reported, as follows: Los Angeles 111, Los Angeles County 47, Long Beach 20, Hermosa Beach 8, National City 5, San Bernardino County 11, Redlands 7, Pasadena 8, Orange County 12, Fullerton 5, San Luis Obispo County 11, Monrovia 1, Taft 3, San Gabriel 1, Colton 1, Riverside 3, Tulare County 2, Compton 4, El

Segundo 1, Redondo 1, Torrance 1, Hawthorne 2, Huntington Park 3, Burbank 2, Santa Monica 3, Alhambra 1, Calipatria 1, Venice 1, Kern County 1.

Typhoid Fever.

58 cases of typhoid fever have been reported, as follows: Orange 32, Orange County 10, Santa Ana 4, Los Angeles 5, Berkeley 1, Stockton 1, Pasadena 1, San Joaquin County 1, Calipatria 1, San Francisco 1, Kern County 1.

Whooping Cough.

40 cases of whooping cough have been reported, as follows: San Joaquin County 15, Oakland 2, Alameda County 1, San Francisco 1, Los Angeles County 2, Long Beach 3, Pasadena 4, Alhambra 1, Solano County 4, Orange 1, Eureka 1, Riverside County 1, Williams 2, Los Angeles 2.

Leprosy.

San Francisco reported 1 case of leprosy.

Poliomyelitis.

3 cases of poliomyelitis have been reported, as follows: Crescent City 1, Taft 1, Lemoore 1.

Epidemic Encephalitis.

3 cases of epidemic encephalitis have been reported, as follows: Berkeley 1, San Francisco 1, Los Angeles 1.

Epidemic Meningitis.

Venice reported 1 case of epidemic meningitis.

COMMUNICABLE DISEASE REPORTS.

DISEASES.	1923-1924				1922-1923			
	Week ending			Reports for week ending Mar. 22 received by Mar. 25	Week ending			Reports for week ending Mar. 24 received by Mar. 27
	Mar. 1	Mar. 8	Mar. 15		Mar. 3	Mar. 10	Mar. 17	
Anthrax.....	0	0	0	0	0	0	1	0
Cerebrospinal Meningitis.....	5	3	0	1	2	3	5	1
Chickenpox.....	688	440	537	398	296	252	231	218
Diphtheria.....	280	288	279	207	149	176	150	95
Dysentery (Bacillary).....	3	2	0	0	0	0	2	1
Epidemic Encephalitis.....	3	2	1	3	3	4	8	0
Epidemic Jaundice.....	0	0	0	0	0	0	0	0
Gonorrhoea.....	103	117	151	78	132	172	65	52
Influenza.....	49	49	35	17	1085	642	365	294
Leprosy.....	0	0	2	1	0	1	0	1
Malaria.....	2	0	4	0	1	2	2	1
Measles.....	1606	1620	1547	1167	572	641	680	456
Mumps.....	90	66	59	47	33	31	32	41
Pneumonia.....	285	70	79	75	124	106	100	78
Poliomyelitis.....	0	2	2	3	1	1	0	1
Rabies (Human).....	0	0	0	0	0	0	0	0
Scarlet Fever.....	289	318	289	252	188	217	201	140
Smallpox.....	366	252	320	277	23	20	22	20
Syphilis.....	127	151	212	108	117	132	88	60
Tuberculosis.....	228	266	240	224	175	182	187	86
Typhoid Fever.....	29	77	15	58	6	6	9	2
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	105	52	41	40	110	139	159	138
Totals.....	4258	3775	3813	2956	3017	2726	2307	1685

CALIFORNIA STATE PRINTING OFFICE